

Fall 2016

September

Therapeutic Aquatic Center

(202) 645-5708

3030 G St SE, Washington, DC 20019

Mon—Fri 9:00 AM — 4:30 PM Closed Sat & Sun

 MOVE • GROW • BE GREEN with 

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5 Labor Day - No classes 	6	7	8	9	10
11 Fall Programs Begin	12 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	13 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	14 9am BASS 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	15 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	16	17
18	19 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim	20 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	21 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	22 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	23 10am Deep Water Walking, 11am Leisure Swim	24
25	26 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	27 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	28 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	29 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	30 10am Deep Water Walking, 11am Leisure Swim	1

October

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	4 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	5 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	6 13 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	7 10am Deep Water Walking, 11am Leisure Swim	8
9	10 Columbus Day - No Classes 	11	12	13	14	15
16	17 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure	18 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	19 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure	20 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	21 10am Deep Water Walking, 11am Leisure Swim	22
23	24 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure	25 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	26 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure	27 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	28 10am Deep Water Walking, 11am Leisure Swim	29
30	31 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure	<u>Make up weeks (No Classes):</u> LTS/WA 2 Days/Week : October 9th—15th LTS Day/Week: October 16th—29th				

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November


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Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31	1 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	2 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	3 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	4 10am Deep Water Walking, 11am Leisure Swim	5
6	7 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	8 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	9 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	10 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	11 Veteran's Day - No Classes  VETERANS' DAY	12
13	14	15	16	17	18	19
20	21 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	22 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	23 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	24 Thanksgiving Day - No classes  <i>Happy Thanksgiving</i>	25 10am Deep Water Walking, 11am Leisure Swim	26
27	28 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	29 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	30 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	<u>Make Up Weeks (No Classes):</u> LTS/WA 2 Days/Week: November 13th—19th LTS 1 Day/Week: November 27th—December 10th		

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<u>Make-Up Weeks (No Classes):</u> LTS/WA 2 Days/Week: Dec. 18th—24th, 2016 LTS 1 Day/Week: November 27th—December 10th				1 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	2 10am Deep Water Walking, 11am Lei- sure Swim	3
4	5 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	6 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	7 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	8 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	9 10am Deep Water Walking, 11am Lei- sure Swim	10
11	12 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	13 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	14 9am BASS 1, 10am Senior Water Exercise, 11am Wa- ter Boogie, 12pm Water Spouts, 2:30pm Leisure Swim,	15 9am BASS 2, 10am Rocking Waves, 11am Calm Waves, 12 Feeling Good	16 10am Deep Water Walking, 11am Lei- sure Swim	17
18	19	20	21	22	23	24 Christmas Eve—No Classes 
25 Christmas Day—No Classes 	26	27	28	29	30	31 New Year's Eve - No Classes 